KS2- Fruit Crumble

Developing Knowledge

What we already know- Activating Schema

- There are five food groups
- In order to stay healthy, we must eat a balanced diet
- The eat well plate helps to illustrate this
- Food comes from plants, trees and animals
- Harvesting is when a crop, such as grain, fruit and vegetable has grown and is ready to eat and is collected.
- These foods can be produced locally or globally
- Many of our foods are exported from hotter climates
- Meat is reared, caught and processed; Pork is the meat we get form pigs; Beef is the meat we get from cows
- Food Safety Use by dates and sell by date
- Processed meat has been modified to either extend its shelf life or change the taste and the main methods are smoking, curing, or adding salt or preservatives
- *Dairy products* are a type of *food* produced from or containing the milk of mammals.
- Grain is a food that is grown
- It is ground into flour
- The flour is mixed with water and yeast to create a dough
- Proving refers to the fermentation action of the yeast causing the dough to rise and create an airy texture
- Seasoning with salt and pepper can alter the flavour of food

What we will know- Theoretical knowledge

- With modern technology, it is possible to grow and rear food out of season or from around the world.
- However growing and rearing foods out of season consumes lots of energy.
-Herbs and spices are Plant products that are added to food or drink to provide or change flavour.
-Spices are dry seeds fruits, bark or roots.

What we will know- Practical Knowledge

-Stewing is the process of cooking something slowly with a little water
- Boiling is cooking food immersed in water at boiling point
- Dicing is finely chopping food in a uniform manner
- Slicing is cutting across the grain into uniform pieces
- Fat and flour rub together to make crumble

Skills to model

- Chopping and slicing fruit using the bridge method
- Combining ingredients for stewing
- Rubbing in method to combine the dry ingredients when creating the crumble

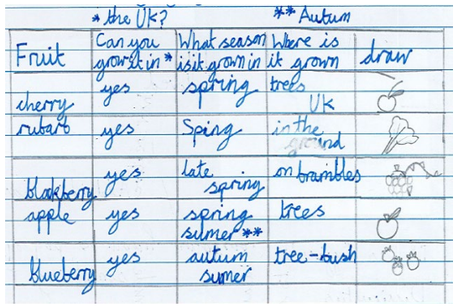
Designing

Design Brief and Specification –

Design and make a fruit crumble for a specific purpose, with locally sourced ingredients where possible and the use of spices that enhance the flavour.

Key Questions -

- What fruit can I include in my crumble?
- Which fruits can be used in which season?
- Which fruits would your recipient most enjoy?
- Which fruits will you slice and which fruits will you dice? Why have you made those choices?
- Can I add spices to add flavour? Which spices complement each other?





Children will need to taste different spices to see which ones they like and consider what time fruit is at its best.





Crumble Spices Tasting

Spice name	Colour	Smell	Taste
Cinnamon	dark brown	sweet spice soothing	5/5
nutmeg	light brown	strong christmas	2/5
Mixed Spice	darker brown	hard	?

Planning

Main Stages to consider and order

1. Wash, prepare and chop the chosen fruit
2. Stew the fruit over heat
3. Add chosen spices
4. Rub the butter and flour together to create the crumble
5. Add the stewed fruit to the ramekin and sprinkle the crumble on top
6. Bake in the oven until golden brown and bubbling

Ingredients

Flour, butter, fruit, granulated sugar, demerara sugar

Tools

Measuring scales, sharp knife, peeler, chopping board, small saucepan, hob, mixing bowl, ramekins

Making

Safety

- Procedures around using a knife (cutting with the dominant hand holding the fruit in the other hand). Food can be cut using the bridge technique where you hold the food between the fingers and thumb creating a bridge.
- Procedures when using a peeler (hold the fruit in one hand and the peeler in the other. Always peel away from you)
- Food hygiene – wash hands, surfaces, tools, fruit and ensure apron is clean and worm at all times.

Accuracy

- Cut fruit pieces to similar sizes and shapes.
- Ensure crumble is combined well and minimise lumps.
- Ensure all ingredients are measured accurately

Evaluation

Did the crumble taste nice?
What did you enjoy about the crumble?
Did the recipient enjoy their crumble?
What improvements could be made next time?
Was the crumble healthy?
Were the fruits used seasonal and locally sourced?
How did the spices used to enhance the flavour?

Vocabulary

Seasonal
Herbs
Spices
Dried or fresh
Stewing
Frying
Boiling
Dicing
Slicing
Uniform